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Join us for a dharma talk and bag lunch with **Ayya Anadabodi & Sister Jayati, Saranaloka Foundation**

Jan 5, 2013 @ 10:15 am after zazen

8:30 am -- Brief meditation instruction (drop-in)
9:25 am -- Zazen (meditation) in downstairs zendo
10:15 am -- **Dharma talk** in zendo
11:00 am -- Bag lunch, refreshments and discussion
12:30 pm -- **Sangha Council**

Everyone is invited to bring their lunch and we will be eating together with the nuns immediately after the talk. In the Thai Forest tradition, monks and nuns observe the "one eaters practice" whereby they only eat before noon.

Ayya Anandabodhi has practiced meditation since 1989, and lived in Amaravati and Chithurst

Monasteries in the United Kingdom for 18 years. These



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Regular Schedule

Monday to Friday

6:00 am Zazen
(seated meditation)
6:40 am Kinhin
(walking meditation)
6:50 am Zazen
7:20 am Chanting
7:40 am Soji
(brief temple cleaning)

6:00 pm Zazen
6:40 pm Chanting

Saturday Morning

6:30 am Zazen
7:10 am Chanting
7:25 am Soji
8:30 am Drop-in instruction
9:25 am Zazen

communities were founded by Venerable Ajahn Sumedho, the foremost western disciple of the Venerable Ajahn Chah, a meditation master of the [Thai Forest Tradition](#).

In 2009 she moved to the U.S. on invitation of the [Saranaloka Foundation](#), to help establish Aloka Vihara, a training monastery for women, where she now resides. She took leave of the Ajahn Chah lineage in 2011, in order to take full bhikkhuni ordination. The teachings and example of Ajahn Chah continue to be an influence and inspiration in her practice and teaching.

Sangha Outing to the Asian Art Museum Sunday, January 6, 10:30 am



Join us as we explore the Asian Art Museum's collection, including the special exhibit [Out of Character: Decoding Chinese Calligraphy](#). Museum admission is **free**.

We will meet outside the museum gift shop at 10:30am and tour galleries until noon then break for lunch in the museum cafe. The museum offers "The Buddha: Art and Culture" -- a 45 minute docent tour -- at 12:30 pm.

The museum's 2nd and 3rd floor galleries feature more than 2,000 artworks and offer a comprehensive introduction to all the major cultures of Asia. Winding through all the galleries are three major themes: the development of Buddhism; trade and cultural exchange; and local beliefs and practices

Guest Speaker: Anshin Rosalie Curtis
Jan 12th @ 10:15 am

10:15 am Dharma Talk
11:00 am Refreshments
+ discussion

Hartford Street Zen Center is a neighborhood temple and residential practice center in the Soto Zen tradition of Shunryu Suzuki Roshi.

[HIV Meditation Group](#)

weekly meditation group for those living with HIV, their friends, families & community supporters
Thursdays and Fridays
10:30 am zazen
11:00 am socializing

[Meditation in Recovery \(Women-only\)](#)

monthly meditation group for women in recovery from addiction
First Thursdays
7:15 pm - 8:45 pm

[Meditation in Recovery \(Men & Women\)](#)

weekly meditation group for men and women in recovery from addiction
Fridays, 7:30 pm - 9 pm

Hartford Street Zen Center
57 Hartford Street
San Francisco, CA 94114

DIRECTIONS: Located between 17th and 18th Streets / Castro and Noe Streets one block from the Castro MUNI Station, the 33 and 24 bus as well as the F line,

info@hszc.org
415.863.2507

Rev. Myo Lahey

Curtis completed her shuso training as a lay practitioner in 2004, was ordained as a priest a year later, and received Dharma transmission from Dairyu Michael Wenger in 2011. Currently she is the tanto, head of practice, at San Francisco Zen Center's City Center.

Practice Leader

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Study Hour

Thursdays at 7:30 pm

** cancelled December 27

We are currently reading *The Book of Serenity* -- a collection of 100 koans compiled in China in the 12th century. There are books to share for anyone who wants to join in.

Sangha Council

Saturday, January 5th. 12:30-2:30 pm

Sewing Buddha's Robe

Check our website

Issan Dorsey Founder's Memorial

Monday, Jan 7 @ 6:40 pm after zazen

Board of Directors' Meeting

Wednesday, January 9 @ 7:30 pm

Full Moon Ceremony

Saturday, Jan 26 @ 11:00 am after Dharma Talk

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